

## Marinated Squid with Bok Choy

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Yield: serves 4

prep time: 0:10

cook time: 0:12

total time: 0:25

### Ingredients:

60	ml	(1/4 cup) peanut oil
30	ml	(2 Tbs) soy sauce
2	ea	garlic cloves, crushed
5	ml	(1 tsp) salt
3	ml	(1/2 tsp) coarsely ground black pepper
600	g	(22 oz) squid tubes, cut into quarters lengthways
315	g	(1 1/2 cups) SunRice White Long Grain Rice
2	ea	bunches baby bok choy, bases trimmed, leaves separated, washed, dried
60	ml	(1/4 cup) oyster sauce

### Method:

Step 1 Combine the peanut oil, soy sauce, garlic, salt and pepper in a large bowl. Score the squid pieces on the inside surface into diamonds without cutting right through. Cut each piece into quarters.

Step 2 Toss the squid with the oil mixture. Cover and set aside for 10 minutes to marinate.

Step 3 Cook the rice in a large saucepan of salted boiling water following packet directions. Drain and keep warm.

Step 4 Meanwhile: heat a large wok over high heat until just smoking. Drain the squid and reserve the marinade. Add 1/3 of the squid to the wok and stir-fry, for 2 minutes or until the squid just turns opaque. Remove from the wok, cover and keep warm.

Step 5 Reheat wok and repeat in 2 more batches with the remaining squid. Remove from the wok.

Step 6 Reheat the wok over medium-high heat and add the bok choy with any remaining marinade. Stir-fry for 2-3 minutes or until just wilted. Add the squid and the oyster sauce and toss for 1 minute or until just heated through. Serve with the rice